YOU CAN DO IT! EDUCATION

2021 CATALOGUE

SOCIAL-EMOTIONAL LEARNING FOR ALL

- Enhances wellbeing
- Maximises achievement
- Improves behaviour
- Overcomes anxiety, feeling down, procrastination, anger
- Develops confidence, persistence, organisation, getting along, resilience
- School professional development
- School parent education programs
- Tertiary Secondary Primary Early Learning

1800 155 603
enquiries@youcandoiteducation.com.au
youcandoiteducation.com.au
The Founder of You Can Do It! Education is Michael E. Bernard, PhD, Professor of Education at the University of Melbourne and Emeritus Professor at California State University.

You Can Do It! Education is Australia’s first and leading social-emotional learning program that maximises success, positive relationships and wellbeing. Our online resources help young people of all ages overcome the blockers of anxiety, low self-esteem, anger and procrastination. You Can Do It! Education is employed in schools world-wide including New Zealand, Romania, UK, USA, Canada, Estonia and Greece.

Over 1,000,000 students of all ages have participated in our programs.

**COGNITIVE-BEHAVIOURAL, SOCIAL-EMOTIONAL LEARNING FRAMEWORK**

**OUTCOMES**

**Positive Attitudes**
- Thinking First
- Accepting Everyone
- Time Management
- Setting Goals
- Giving Effort
- Working Tough
- Growth Mindset
- I Can Do It
- Being Independent
- Taking Risks
- Accepting Myself

**Negative Attitudes**
- Thinking Without Thinking
- Not Accepting Everyone
- Poor Time Management
- Having No Goals
- Giving Up
- I Can’t Be Bothered
- Fixed Mindset
- I Can’t Do It
- Needing Approval
- Needing To Be Perfect
- Self-Downing

**SOCIAL-EMOTIONAL SKILLS**
- Getting Along
- Organisation
- Persistence
- Confidence
- Resilience

**OUTCOMES**

Young People’s...
- • poor relationships
- • under-achievement
- • poor mental health

Youcandoiteducation.com.au

**THINGS ARE NEITHER GOOD NOR BAD**

**THINKING MAKES IT SO**

**YOU CAN DO IT! EDUCATION PROGRAMS AND PRACTICES**

TEACH STUDENTS POSITIVE ATTITUDES AND HOW TO ELIMINATE NEGATIVE THINKING.
Why schools are choosing You Can Do It! Education

- Developmental covering full range of SELs
- Aligned with ACARA national curriculum
- Supports parents
- 1,000,000 + student participants
- Best-practice wellbeing framework
- Used Worldwide
- Programs for all students ages 3 - 18+
- Recognised by Be You - Beyond Blue
- Easy to use, online digital curricula
**PROGRAM ACHIEVE. A SOCIAL-EMOTIONAL LEARNING CURRICULUM (FOUNDATION/PREPARATORY YEAR)**

The new fourth edition of this extremely popular online digital program now includes specific suggestions for teaching young children 3 - 4 years of age. These suggestions appear within the 32 lesson plans. Additionally, in the revised Teacher Guide, new best practices for establishing a You Can Do It! Education learning environment are included.

The program teaches the positive attitudes and social-emotional skills that develop young children's resilience, confidence, persistence, organisation and getting along. A team of teachers experienced in social-emotional learning along with Professor Michael Bernard have contributed many new lessons.

Two short animations are included which introduce young children to Ricky Resilience, Connie Confidence, Pete Persistence, Oscar Organisation and Gabby Get Along.

First annual licence includes one set of hand puppets of these 5 characters featured in the program.

**Target Audience:** Teachers of young children in Early Learning Centres, Kindergarten, Foundation and Preparatory Year

**Annual School License $395***

**MORE INFORMATION**

Recognised by Beyond Blue - Be You as a best practice mental health and wellbeing program.
PROGRAM ACHIEVE.
A SOCIAL-EMOTIONAL LEARNING CURRICULUM
(PRIMARY YRS 1 - 6)

The Program Achieve Primary curriculum consists of 192 digital lessons organised in a scope and sequence (32 lessons each year level) covering:

Part 1. Achievement: work confidence, persistence, time management, organisation including goal setting and teamwork.

Part 2. Relationships: values, character strengths and getting along skills.


Part 4. Social-Emotional Blockers: feeling worried or anxious, feeling down, feeling angry, not paying attention and procrastination.

This latest edition of Program Achieve includes many new lessons and engaging visuals with colourful downloadable Teacher Guides and Student Worksheets.

Target Audience: Teachers of primary age students

Annual School License $950*

MORE INFORMATION

Recognised by Beyond Blue - Be You as a best practice mental health and wellbeing program.

Sample
Student Worksheet and Teacher Guide

*Annual school licensing fee from date of purchase.
PROGRAM ACHIEVE.
A SOCIAL-EMOTIONAL LEARNING CURRICULUM (SECONDARY YRS 7 - 10)

The Program Achieve Secondary curriculum consists of 64 digital activities organised in a scope and sequence covering:

Part 1. Achievement: work confidence, persistence, organisation including goal setting, time management and teamwork.

Part 2. Relationships: values, character strengths and getting along skills.


Part 4. Social-Emotional Blockers: feeling worried, anxious, feeling down, feeling angry, not paying attention and procrastination.

Target Audience: Teachers, school psychologists, counsellors and student wellbeing coordinators of students in years 7-10

Annual School License $950*

MORE INFORMATION

Recognised by Beyond Blue - Be You as a best practice mental health and wellbeing program.

Sample Student Worksheet and Teacher Guide

*Annual school licensing fee from date of purchase.
THE SUCCESSFUL MIND FOR SCHOOL, WORK AND LIFE: 10-SESSION COURSE (SECONDARY YEARS 9 - 12)

The Successful Mind for School, Work and Life is a 10-session course designed to prepare upper secondary students for their final years in school, entering the work force and tertiary study. The digital Leader’s Guide contains background information and a session plan needed to conduct each of the 10 sessions.

A successful mind is strengthened in young people through a variety of learning activities employed in this course including structured learning activities combined with small group interaction, discussion and application.

The Leader’s Guide is purchased together with copies of ‘The Successful Mind for School, Work and Life Student Handbook’ for each participating student.

Sessions
1. Growth Mindset
2. Character Strength
3. Goal Setting
4. Resilience
5. Mindfulness
6. Self-acceptance
7. Optimism
8. GRIT
9. Time Management
10. Getting Along

Target Audience: Teachers, career educators, school counsellors and others concerned with the personal and social development of students in years 9 - 12

Annual School License $250*

MORE INFORMATION

The Successful Mind for School, Work and Life: Student Handbook (secondary years 9 - 12)
Price: $17 per hard copy Student Handbook (postage included)

*Annual school licensing fee from date of purchase.
**BULLYING - THE POWER TO COPE (YEARS 4 - 9)**

This prevention mental health cognitive-behavioural program provides students with strategies they can use when faced with bullying behaviour and other types of anti-social behaviour.

Consisting of four parts, the delivery of this course is flexible and can be taught to classroom-size groups of students or used with individual students who are currently being victimised by bullying.

Published research indicates that this program leads to students acquiring a resilient mindset towards all forms of bullying resulting in less stress and greater confidence. It includes four animated videos covering four elements:

- **Part 1.** Bullying and its Impact
- **Part 2.** Thinking Makes it So
- **Part 3.** Things to Say and Do
- **Part 4.** Coping in Action

This program is research-tested and proven to strengthen students’ capacity to cope: Markopolous, Z., & Bernard, M.E. (2015). Effect of the Bullying: The Power to Cope program on children’s response to bullying. *Journal of Relationships Research, 6, 1-11*. As a result of participation in this anti-bullying program, published research points to students acquiring a resilient mindset towards all forms of bullying resulting in less stress and greater confidence.

**Recognised by Beyond Blue - Be You as a best practice mental health and wellbeing program.**
THE SUCCESSFUL MIND IN STUDY, WORK AND LIFE – MENTORING PROGRAM

A new role for mentors is being introduced in university’s mentoring programs: mentors providing mentees with the latest information based on psychological research concerning the different elements of a successful mind. Over the past 20 years and more, the inner world of students of all ages has been investigated by researchers and analysed by Professor Michael Bernard to see which elements of mental functioning contribute to high levels of academic performance as well as wellbeing. We now possess a pretty good understanding of elements of a successful mind in study, work and life.

This 10-session mentoring program consisting of an online, Mentor’s Guide and a digital, interactive, 140+ page Student Guide teaches the following elements of a high performance mindset.

**What a growth mindset looks like**

<table>
<thead>
<tr>
<th>Growth Mindset</th>
<th>Fixed Mindset</th>
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<tbody>
<tr>
<td>- I can learn anything I want to</td>
<td>- I’m either good at it, or I’m not</td>
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<tr>
<td>- When I’m frustrated, I persevere</td>
<td>- When I’m frustrated, I give up</td>
</tr>
<tr>
<td>- I want to challenge myself</td>
<td>- I don’t like to be challenged</td>
</tr>
<tr>
<td>- When I fail, I learn</td>
<td>- When I fail, I’m no good</td>
</tr>
<tr>
<td>- Tell me I try hard</td>
<td>- Tell me I’m smart</td>
</tr>
<tr>
<td>- If you succeed, I’m inspired</td>
<td>- If you succeed, I feel threatened</td>
</tr>
<tr>
<td>- My effort and attitude determine everything</td>
<td>- My abilities determine everything</td>
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</table>

Having a growth mindset thinking means, when faced with a setback or challenge in your university work such as when you do not understand the topic you are studying, you decide to investigate ways to improve.

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**Target Audience:** Tertiary/University students

**Annual mentor license and Student Guides:** contact us for pricing

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*Annual school licensing fee from date of purchase.*
SOCIAL-EMOTIONAL LEARNING FOR ALL: BEST PRACTICE OF YOU CAN DO IT! EDUCATION

This online course is ideal for teachers new to You Can Do It! Education as well as those familiar with YCDI! Education seeking an update of theory and practice. Presented by Professor Michael Bernard, the course consists of 9 interactive modules covering the following topics:

- Social-emotional learning
- You Can Do It! Education
- Social-emotional learning curricula
- Teaching social-emotional learning skills
- School-wide practices to build a critical mass
- Teaching students how to change the way they think
- Overcoming student social-emotional difficulties
- The strength of self-acceptance
- Parent education

Participants download a digital guide by Michael Bernard Social-Emotional Learning for All: Best Practice of You Can Do It! Education (100+ pages) that summarises key content from all eight topics. Participants work through the course in their own time and place. Each module takes approximately 30 minutes to complete.

Target Audience: Primary and Secondary School Teachers

PRICE* $215 per participant for up to 10 participants / $2,200 total for 11 or more participants

THE RESILIENT EDUCATOR

This online course presented by Professor Michael Bernard is ideal for new and experienced educators and school leaders seeking tools for strengthening resilience needed to cope with the demands and challenges of working in schools. The learning objectives of the course are:

- Define resilience in terms of five distinctive attributes
- Discuss the role of stress-producing thinking and stress-managing thinking in resilience
- Discuss the importance of self-acceptance on resilience
- Apply a three-step action plan for building resilience: Take Stock, Take Control, Take Action

Participants receive a digital guide by Michael Bernard, The Resilient Educator Workbook (35 pages) that summarises key content. Participants work through the course in their own time and place. The course takes approximately 2 – 3 hours to complete.

Target Audience: Primary and Secondary School Teachers

PRICE* $140 per participant for up to 13 participants / $1,925 total for 14 or more participants

MORE INFORMATION

The course was really interesting, a fabulous refresher of the research behind YCDI! and the components of the program. The audio and video clips showing the language of YCDI! in action were especially helpful in giving examples of how to frame conversations with students and parents. As someone who has used the YCDI! program of over 10 years, the course was so helpful in recentering my thinking.

Peita van Bussel, Transition to Year 2 Coordinator, Abbotsleigh

MORE INFORMATION
ATTITUDES AND BEHAVIOURS FOR LEARNING (AB4L): A PROFESSIONAL DEVELOPMENT PROGRAM TO OFFER AT YOUR SCHOOL

Published research indicates that the AB4L teaching program strengthens students' attitudes and social-emotional skills needed for engagement, cooperative learning, independent classwork and homework and leads to an improvement in reading comprehension of students in the lower 50% of achievement.

The AB4L program includes an online guide providing information and handouts to conduct staff development sessions at school. A PowerPoint presentation is also included demonstrating background and content of the program including the different AB4L teaching practices.

Target Audience: Teachers of primary and lower secondary students, particularly teachers of students struggling with reading.

Annual School License $250*

MORE INFORMATION

STRESS MANAGEMENT FOR TEACHERS AND PRINCIPALS: A PROFESSIONAL DEVELOPMENT PROGRAM

Based on the latest best practice from the fields of positive psychology, social-emotional learning and cognitive behaviour therapy, this is a professional development resource IDEAL for individual study (stress management booklets, audio programs and cards). Additionally, it is designed to be part of a staff wellbeing program with content shared regularly at meetings and coaching sessions.

Annual School License $250*

MORE INFORMATION

COACHING TEACHERS AND PARENTS TO BUILD SOCIAL-EMOTIONAL STRENGTHS OF STUDENTS WITH ACHIEVEMENT, BEHAVIOUR AND MENTAL HEALTH ISSUES

This best-practice coaching program provides mental health practitioners, senior teachers and school administrators with a complete set of tools (steps, surveys, coaching advice) which can be used with teachers and parents when a student has been identified by school staff as being ‘at risk.’ Applications of this coaching is provided for students experiencing different social-emotional blockers (anger-misbehaviour, anxiety, feeling down, not paying attention, procrastination).

Annual School License $150*

MORE INFORMATION

THE YOU CAN DO IT! EDUCATION RESOURCE BOOK: CLASSROOM AND SCHOOL-WIDE PRACTICES FOR SOCIAL AND EMOTIONAL LEARNING

The You Can Do It! Education Resource Book is an ideal resource for school leaders and YCDI! Education coordinators who have the responsibility for providing ongoing professional development in You Can Do It! Education. Includes handouts and surveys teachers can employ with students.

Annual School License $190*

MORE INFORMATION
**POSTER EMOTIONAL THERMOMETER**
A colourful poster of an Emotional Thermometer that teaches students to reflect on their level of emotional upset and asks them the question “Are you keeping calm?” Each poster measures 119cm long and 41cm wide. The posters are folded and mailed in an A4 post bag. Posters can be laminated for display.

**PRICE:** $70 PACK OF 5 (INC. POSTAGE)

**POSTER CATASTROPHE SCALE**
A colourfully illustrated poster that can be displayed in the classroom to provide a visual representation of a Catastrophe Scale that helps children and young people keep things in perspective.

**PRICE:** $70 PACK OF 5 (INC. POSTAGE)

**YCDI! EDUCATION HAND PUPPETS**
Set of five hand puppets featured in the YCDI! Early Childhood Program Achieve (4th Edition):
- Connie Confidence
- Pete Persistence
- Oscar Organisation
- Gabby Get Along
- Ricky Resilience

**PRICE:** $150 SET OF FIVE (INC. POSTAGE)

**POSTER THE STRENGTH OF SELF-ACCEPTANCE**
This poster depicts 8 common stressful situations encountered by students of all ages that can create stress including feelings of inadequacy and low self-esteem. Students are encouraged to internalise the attitude of Self-Acceptance (“I am me and that’s OK”) an important element of the psychological armour needed for strong resilience.

**PRICE:** $70 PACK OF 5 (INC. POSTAGE)

**POSTER THINKING MAKES IT SO**
This poster illustrates a key idea that underpins student positive mental health and wellbeing; namely, Things are neither good nor bad but thinking makes it so. Once this principle is taught, students become aware of the power they have over the way they think leading to appropriate feelings and goal-directed behaviours. They feel less helpless and victimised and experience greater self-efficacy and confidence.

**PRICE:** $70 PACK OF 5 (INC. POSTAGE)

**THE SUCCESSFUL MIND FOR SCHOOL, WORK AND LIFE: STUDENT HANDBOOK (SECONDARY YEARS 9 - 12)**
This Student Handbook is required for students participating in The Successful Mind for School, Work and Life course. It contains a variety of content, activity worksheet students complete during each session, a variety of tips and individual action plans completed after a session.

**PRICE:** $17 EA (INC. POSTAGE)
YCDI! POSITIVE PARENT ONLINE PROGRAM: ANNUAL SCHOOL MEMBERSHIP

Parent Elearning programs include:
- Stress Relief for Parents
- Strengths of Highly Effective Parents
- Teaching Children they Have Choices in the Way they Think
- The Power of Parent Self-Talk, Compass Program: How to Improve Your Child’s Reading (1-hour)
- Keys to Children’s Success and Happiness (1 hour)
- plus many more!

Parent Insight articles include:
- Steps to Managing Parent Stress
- Effective Parenting in a Digital World
- Namby-Pamby Kids
- Highly Anxious Parents
- Five Keys that Unlock Children’s Potential

YCDI! Motivational Audio Motivational Series includes:
- Boosting Your Confidence
- Motivating Yourself
- Managing Your Time and Getting Yourself Organised
- plus 5 other audio programs;
- Bullying: The Power to Cope (video).

INVESTING IN PARENTS (PARENT EDUCATION CLASSES TO OFFER AT YOUR SCHOOL)

This program contains a collection of skill building parent education sessions designed to be offered to your parents in a 60+ minute session by a school leader, student wellbeing coordinator, classroom teacher or school chaplain. Written content of sessions can also be used regularly in your school-home newsletters.

Parent Education sessions:
- Session 1 Parenting Today: What do You Want for Your Children?
- Session 2 The Parenting Style that Matters Most: ‘Authoritative’
- Session 3 Avoid Common Mistakes that Parents can Make (Ineffective Parenting)
- Session 4 Parent Stress Management and Resilience
- Session 5 Develop Positive Relationships with Your Children
- Session 6 Be Involved in Your Children’s Education
  - Part A: Show Interest
  - Part B: Manage Homework
  - Part C: Tutor Your Child
  - Part D: Steps to Take if Your Child Underachievement
- Session 7 Provide Children Responsibility and Involve them in Decision-Making
- Session 8 Provide Activities that Accommodate Children’s Interests
- Session 9 How to Motivate Your Children
- Session 10 Children’s Social-Emotional Learning at Home
- Session 11 Character Education at Home:
  - Values and Strengths
  - Part A: Values of Good Character
  - Part B: Character Strengths

ANNUAL SCHOOL LICENSE: $495*

MORE INFORMATION

ANNUAL SCHOOL LICENSE: $250*

MORE INFORMATION

Access to all items listed (shown right)

*Annual school licensing fee from date of purchase.
THE HIGH PERFORMANCE MINDSET
AT WORK, HOME AND LIFE

WHAT EVERYONE NEEDS TODAY TO COPE AND MOVE FORWARD

LEARN HOW TO THINK, FEEL AND BEHAVE IN TOUGH SITUATIONS THAT WILL DIRECT YOU TO EXCELLENCE AND HAPPINESS

The High Performance Mindset contains practical and easy-to-use strategies and has been written for people who want to learn how their mind operates at its best – and worst. If you’re keen to know more about yourself, how to reduce stress and become more efficient and effective in all areas of your life, The High Performance Mindset will help you to gain power and control and is the guide you’ll need to gain power and control as well as become more proactive and positive using the commitments to success, others and self.

A highlight of this book are the variety of easy-to-complete surveys developed by Michael that have helped hundreds of thousands of people of all ages gain greater self-awareness of strengths and areas for growth. Michael draws on his many years of counselling, coaching and consulting in the fields of sport, business, leadership, parenting and education.

“Dr. Michael Bernard has put achievable success and high performance within anyone’s reach by clearly demonstrating how removing self-sabotaging blocks is the direct path to excellence. His bottom line approach makes for not only a terrific read, but can also become the, ‘go to’ reference book.”

Michael S. Broder, Ph.D., Clinical Psychologist, author of Seven Steps to Your Best Life

“Michael Bernard draws on a lifetime of research, experience and personal wisdom to present a vast suite of strategies and practices that will ensure that you can proactively and successfully negotiate your life journey.”

Professor Jim Watterston, Dean, Melbourne Graduate School of Education, The University of Melbourne

In this book, I shall describe the psychological capital we can all use to help us in various areas of our lives. Through the completion of surveys you’ll be able to gain greater awareness of your strengths and areas you’d like to develop further. And there will be plenty of suggestions for how to go about doing this.

This book describes the psychological capital we all need to take us from good to great - and manage the stresses of modern-day living.
<table>
<thead>
<tr>
<th>TITLE</th>
<th>PRICE AUS (inc GST)</th>
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<tr>
<td>Program Achieve Early Childhood (First license includes a set of hand puppets) Annual digital license</td>
<td>395.00</td>
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<tr>
<td>Program Achieve Primary - years 1 – 6 Annual digital license</td>
<td>950.00</td>
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<tr>
<td>Program Achieve Secondary - years 7 – 10 Annual digital license</td>
<td>950.00</td>
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<tr>
<td>The Successful Mind for School, Work and Life: Leader’s Guide – secondary years 9 – 12 (Purchased with Student Handbooks) Annual digital license</td>
<td>250.00</td>
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<tr>
<td>The Successful Mind for School, Work and Life: Student Handbook (1 handbook per student)</td>
<td>17.00</td>
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<td>The You Can Do It! Education Resource Book Annual digital license</td>
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<td>Bullying – The Power to Cope Annual digital license</td>
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<tr>
<td>Attitudes and Behaviours for Learning (AB4L) Annual digital license</td>
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<td>Investing in Parents Education Classes. Annual digital license</td>
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<tr>
<td>Coaching Teachers and Parents to build Social-Emotional Strengths of Students Annual digital license</td>
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<tr>
<td>Stress Management for Teachers and Principals Annual digital license</td>
<td>395.00</td>
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<tr>
<td>YCDI! Positive Parent Program. Online Whole School Family Membership Annual digital license</td>
<td>495.00</td>
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<tr>
<td>YCDI! Education Hand Puppets (5 SEL character puppets)</td>
<td>150.00</td>
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<tr>
<td>Poster – Emotional Thermometer new edition (5 per pack)</td>
<td>70.00</td>
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<td>Poster – Catastrophe Scale new edition (5 per pack)</td>
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<tr>
<td>Poster – The Strength of Self-Acceptance (5 per pack)</td>
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<tr>
<td>Poster – Thinking Makes It So (5 per pack)</td>
<td>70.00</td>
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<tr>
<td>NEW RELEASE Book – The High Performance Mindset by Michael Bernard</td>
<td>39.95</td>
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Prices for non-digital items include postage and handling
Download Australian Order Form
Download International Order Form

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<th>PROFESSIONAL DEVELOPMENT ELEARNING</th>
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<tr>
<td>Social-Emotional Learning for All: Best Practice of YCDI! Education</td>
<td>215.00</td>
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<td>Individual participants (up to 10)</td>
<td>2,200.00</td>
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<td>Whole School (11 or more participants)</td>
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<td>Download Australian Order Form</td>
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<td>Download International Order Form</td>
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| | |
| The Resilient Educator | |
| Individual participants (up to 10) | 140.00 |
| Whole School (11 or more participants) | 1,925.00 |
| Download Australian Order Form | |
| Download International Order Form | |